

CELEBRATING 20 YEARS • 1989-2009

"TOW THE PREPAREDNESS LINE IN 2009"



EMERGENCY SURVIVAL PROGRAM

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FOCUS

Then and Now



Earthquakes

We have learned a great deal about earthquakes since the magnitude 7.8 San Francisco earthquake of April 18, 1906 which ranks as one of the most significant earthquakes of all time. It was one of the most devastating in the history of California. The earthquake and resulting fires caused an estimated 3,000 deaths and \$524 million in property loss (in 1906 dollars!). The shaking in San Francisco was felt for about 1 minute. The fires that ignited soon after the earthquake quickly raged through the city due to damage to the water system needed to control them. The fires destroyed a large part of San Francisco.

Today, the 1906 earthquake's importance comes more from the wealth of scientific knowledge learned than from its size and damage. The earthquake surprised geologists of the time with its large horizontal displacements and great rupture length of over 250 miles. The earthquake was felt from southern Oregon to Los Angeles, California and as far

inland as central Nevada. The earthquake brought new attention to the destructive potential of earthquakes in California, and launched modern earthquake science and engineering. Even in our modern age when other threats may seem more destructive, earthquakes have remained the greatest threat for California because of their frequency and potential for widespread devastation.

Terrorism

Before the devastating events of September 11, 2001, we didn't know as much as we do today about terrorism. Many Americans believed that terrorism only affected other countries. Now we know that it can happen here, but we don't know when or where. Much of the fear caused by terrorism – or the threat of it – is based on this uncertainty: not knowing whether it will hurt us or our loved ones directly, or whether it will target our own community or workplace. However, the terrorists are not in charge. Governmental officials are working hard to find terrorists and to limit their ability to harm us. At the same time, there is a lot that each of us can do to limit the terrorists' ability to frighten us.

Check these websites

www.dhs.gov (United States Department of Homeland Security)

www.espfocus.org (Emergency Survival Program)

www.fema.gov (Federal Emergency Management Agency)

www.scec.org (Southern California Earthquake Center)

www.usgs.gov (United States Geological Survey)

JANUARY

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What You Can Do Now

Preparing for any disaster such as earthquakes, fires, floods and terrorism is basically the same. It all starts with a family emergency plan.

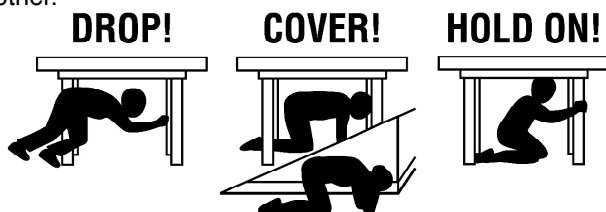
- ☐ **Evacuation:** Whether you are at home, at work, or in a public place, think of how you could leave quickly and safely. Locate stairways and emergency exits. Pay attention to posted evacuation signs in buildings, subways and crowded public areas.
- ☐ **Out-of-state contact:** Think how you will get in contact with your family if you become separated. Choose an out-of-state contact that your family members or friends can call to check on each other. Provide all family members with a paper list of important contact phone numbers.
- ☐ **Meeting place:** Decide where you and family members will meet if the emergency affects your home, or if officials have to evacuate your neighborhood.
- ☐ **School plans:** Know the emergency plans at your children's schools, and make sure the school has your updated emergency contact information. Keep your children's school emergency release card current.
- ☐ **Preparation for children:** Teach your children what to do in an emergency, and make sure they know their own names and addresses, as well as the full names and contact information for parents and a second adult emergency contact.

Finally, review your emergency plan, and maintain an **emergency supply kit** at home, at work, at school, and in your car.

What You Can Do During

Earthquakes happen without warning and terrorists count on surprise, fear, and confusion to add to the impact of their actions. The initial safety actions for earthquakes and terrorist attacks, such as bombings, are similar. Your first step when something happens is to pause and think. Look around you to see what is happening, and what immediate steps you can take to protect yourself and others.

- ☐ To protect yourself, **drop** down; **take cover** under something sturdy, and **hold on** to something with one hand while protecting your head and neck with the other.



- ☐ If there is smoke, get near the floor, cover your mouth and nose with a cloth, and move carefully toward the nearest marked exit.

- ☐ If it is necessary to evacuate, try to do so calmly. Use only marked exits and stairways. Never use elevators. Help others who are moving more slowly or who may be disoriented.

If you are not directly affected by the earthquake or the attack, try to stay calm, think before you act, encourage others, and comfort children. Turn on news radio or television, and listen for official instructions. Follow the directions of authorities.

What You Can Do After

Try to stay calm. Think before you act. Don't let an earthquake or act of terrorism cause you unnecessary harm.

- ☐ Stay informed. Listen to official reports and instructions on the radio or television.
- ☐ If officials order an evacuation, cooperate quickly and follow their instructions regarding evacuation routes and shelter locations.
- ☐ If officials tell you to "Shelter in Place," they mean for you to stay inside your home, vehicle or workplace until it is safe to come out. They will provide you with detailed instructions.
- ☐ Do not leave your sheltered location or return to the evacuated area until officials confirm that it is safe to do so.
- ☐ Implement your family emergency plan, and notify your out-of-state contact of your location and status.
- ☐ Be aware of the psychological impact that terrorism can inflict, even when it happens to people you do not know personally.
- ☐ If an earthquake has occurred, go to the California Integrated Seismic Network at www.cisn.org to get information about the location/magnitude/shakemap of the earthquake.

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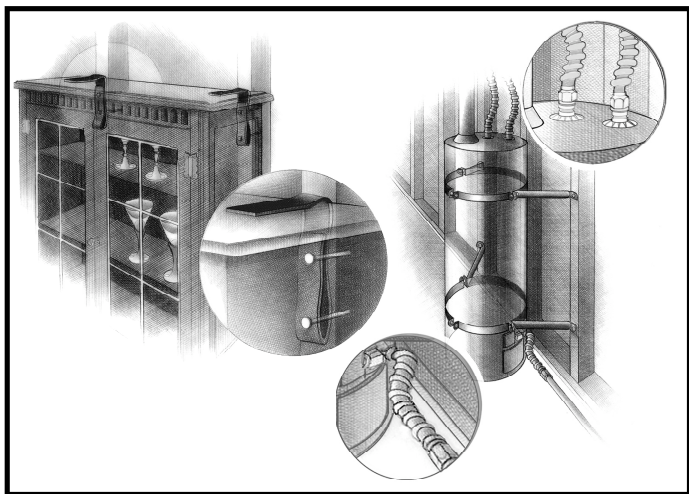


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Contra Costa, Imperial, Inyo, Kern, Los Angeles, Marin, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, Santa Cruz, and Ventura counties; Southern California Edison; the Southern California Earthquake Center and the American Red Cross assist in the development of campaign materials and coordination of the campaign.

Secure It Now!



Identify Potential Hazards in Your Home and Begin to Fix Them

Earthquake safety is more than minimizing damage to buildings. We must also secure the contents of our buildings to reduce the risk to our lives and our pocketbooks.

Four people died in the Northridge earthquake because of unsecured building contents such as toppling bookcases. Many billions of dollars were lost due to this type of damage.

You should secure anything 1) heavy enough to hurt you if it falls on you, or 2) fragile and/or expensive enough to be a

significant loss if it falls. In addition to contents within your living space, also secure items in other areas, such as your garage, to reduce damage to vehicles or hazardous material spills.

There may be simple actions you can do right now that will protect you if an earthquake happens tomorrow. **START NOW** by moving furniture such as bookcases away from beds, sofas, or other places where people sit or sleep. Move heavy objects to lower shelves. Then begin to look for other items in your home that may be hazardous in an earthquake.

Some of the actions recommended on the reverse side of this Focus Sheet may take a bit longer to complete, but all are relatively simple. Most hardware stores and home centers now carry earthquake safety straps, fasteners, and adhesives.

Check these websites

www.earthquakecountry.info/roots (Earthquake Country Alliance/Southern California Earthquake Center)

www.espfocus.org (Emergency Survival Program)

www.oes.ca.gov (California Governor's Office of Emergency Services)

www.redcross.org (American Red Cross)

Follow the seven steps to earthquake safety from Putting Down Roots in Earthquake County - www.earthquakecountry.info/roots.
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Create disaster supplies kits.

#4

Identify and fix your building's weaknesses.

#5

Drop, cover and hold on.

#6

Check for injuries and damage.

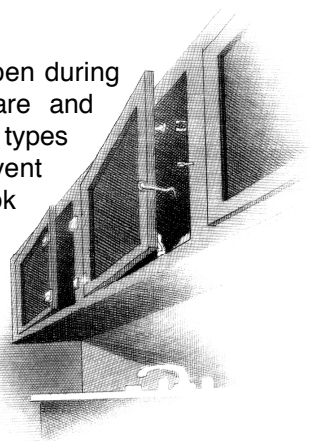
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When safe, continue to follow your disaster plan.

F E B R U A R Y

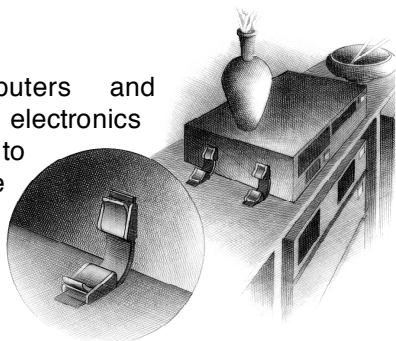
In the Kitchen

Unsecured cabinet doors fly open during earthquakes, allowing glassware and china to crash to the floor. Many types of latches are available to prevent this – child-proof latches, hook and eye latches or positive catch latches designed for boats. Gas appliances should have flexible connectors to reduce the risk of fire. Secure refrigerators and other major appliances to walls using earthquake appliance straps.



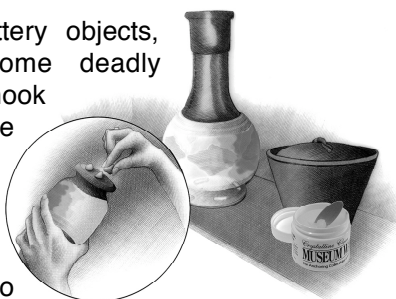
Electronics

TVs, stereos, computers and microwaves and other electronics are heavy and costly to replace. They can be secured with flexible nylon straps and buckles for easy removal and relocation.



Objects on Shelves and Tabletops

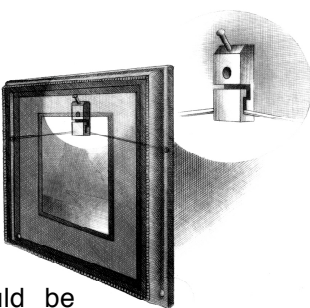
Collectibles, china, pottery objects, and lamps can become deadly projectiles. Use either hook and loop fasteners on the table and object, or non-damaging adhesives such as earthquake putty, clear quake gel, or microcrystalline wax to secure breakables in place.



Place heavy items and breakables on lower shelves.

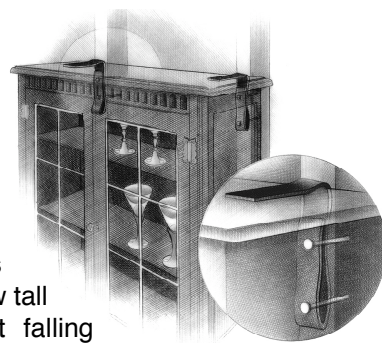
Hanging Objects

Mirrors, framed pictures, and other objects should be hung from closed hooks so that they can't bounce off the walls. Pictures and mirrors can also be secured at their corners with earthquake putty. Only soft art such as tapestries should be placed over beds or sofas.



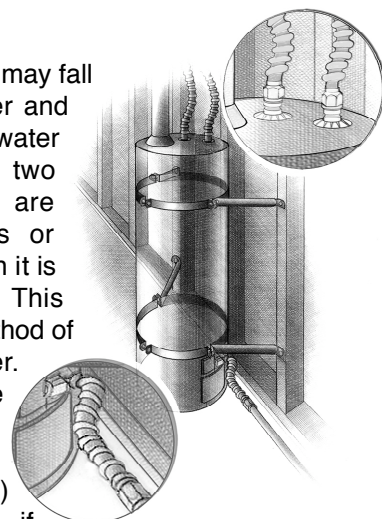
Furniture

Secure the tops of all top-heavy furniture, such as bookcases and file cabinets, to a wall. Be sure to anchor to the stud, and not just to the drywall. Flexible fasteners such as nylon straps allow tall objects to sway without falling over, reducing the strain on the studs. Loose shelving can also be secured by applying earthquake putty on each corner bracket.



Water Heater

Unsecured water heaters may fall over, rupturing rigid water and gas connections. If your water heater does not have two straps around it that are screwed into the studs or masonry of the wall, then it is not properly braced. This illustration shows one method of bracing a water heater. Bracing kits are available that make this process simple. Have a plumber install flexible (corrugated) copper water connectors, if not already done.



Adapted from Putting Down Roots in Earthquake Country, published by the Southern California Earthquake Center and available online at www.earthquakecountry.info/roots.

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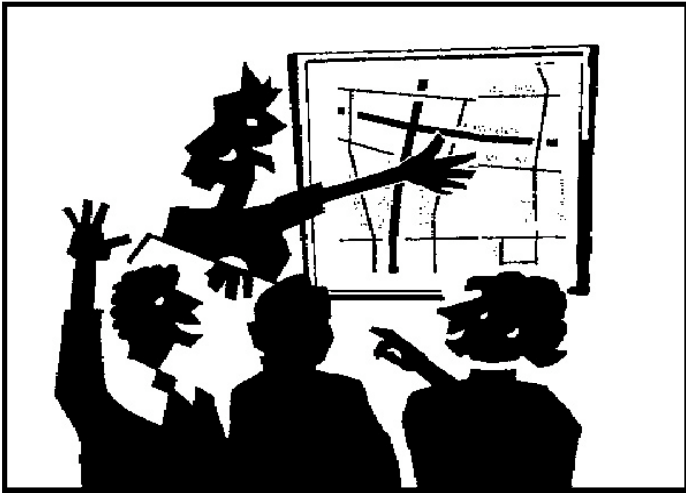


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Make a Plan



Create A Disaster Plan

Will everyone in your household do the right thing during the violent shaking of a major earthquake, or during a terrorist attack? Before the next disaster, get together with your family or housemates to plan now what each person will do before, during and after.

Once the earthquake or disaster is over, we will have to live with the risk of fire, the potential lack of utilities and basic services, and the certainty of aftershocks. By planning now, you will be ready. This plan will also be useful for other emergencies.

Many government agencies, schools and businesses have plans for various types of disasters and other emergencies. Your family should also have one. The safety and well-being of your loved ones are important, so take time NOW to develop a family emergency plan. If you've already developed a plan, take time now to review and update it.

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www.espfocus.org (Emergency Survival Program)

www.oes.ca.gov (California Governor's Office of Emergency Services)

www.redcross.org (American Red Cross)

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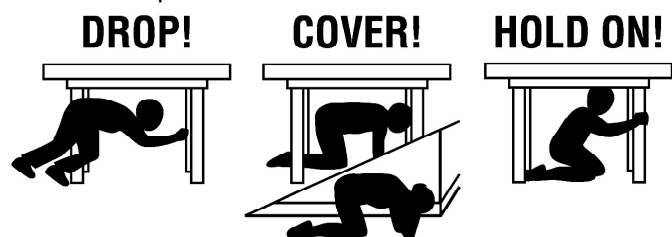
#7

When safe, continue to follow your disaster plan.

MARCH

Plan to Be Safe During a Disaster

- ☐ Practice "drop, cover, and hold on" to be safe during an earthquake.



- ☐ Identify safe spots in every room, such as under sturdy desks and tables.
- ☐ Learn how to protect yourself no matter where you are when a disaster strikes.

Plan to Respond After a Disaster

- ☐ Keep shoes and a working flashlight next to each bed.
- ☐ Teach everyone in your household to use emergency whistles and/or to knock 3 times repeatedly if trapped. Rescuers searching collapsed buildings will be listening for sounds.
- ☐ Identify the needs of household members and neighbors with special requirements or situations, such as use of a wheelchair, walking aids, special diets, or medication.
- ☐ Take a Red Cross first aid and cardiopulmonary resuscitation (CPR) training course. Learn who in your neighborhood is trained in first aid and CPR.
- ☐ Know the location of utility shutoffs and keep needed tools nearby. Know how to turn off the gas, water, and electricity to your home. Only turn off the gas if you smell or hear leaking gas.
- ☐ Get training from your local fire department in how to properly use a fire extinguisher.
- ☐ Install smoke alarms and test them monthly. Change the battery once a year, or when the alarm emits a "chirping" sound (low-battery signal).
- ☐ Check with your city or county to see if there is a Community Emergency Response Team (CERT) program in your area. If not, ask how to start one.

Plan to Communicate and Recover After a Disaster

- ☐ Locate a safe place outside of your home to meet your family or housemates after the disaster.
- ☐ Designate an out-of-state contact person who can be called by everyone in the household to relay information.
- ☐ Provide all family members with a paper list of important contact phone numbers.
- ☐ Determine where you might live if your home cannot be occupied after an earthquake or other disaster (ask friends or relatives).
- ☐ Know about the emergency plan developed by your children's school or day care. Keep your children's school emergency release card current.
- ☐ Keep copies of essential documents, such as identification, insurance policies and financial records, in a secure, waterproof container, along with your disaster supplies kits. Include a household inventory (a list and photos or video of your belongings).

Have occasional disaster "drills" to practice your plan. Ask your babysitters, house sitters, neighbors, coworkers, and others about their disaster plans, and share your plan and with them.

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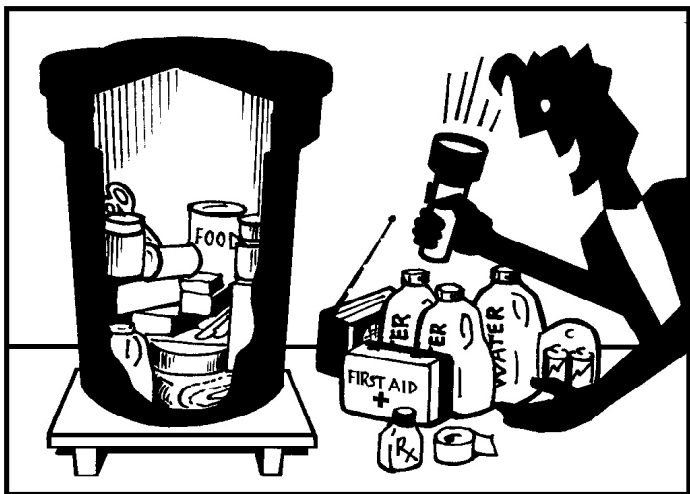
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Make Disaster Kits



Create Disaster Supplies Kits

Everyone should have personal disaster supplies kits. Keep one kit in your **home**, another in your **car**, and a third kit at **work** or **school**. This is so they can be reached even if your building is badly damaged. Backpacks or other small bags are best for your disaster supplies kits so you can take them with you if you evacuate. The kits will be useful for many emergencies. Include at least the items that are listed on side two of this Focus Sheet.

Electrical, water, transportation, communications, and other vital systems can be disrupted for several days after a large earthquake or other disasters. Emergency response agencies and hospitals could be overwhelmed and unable to provide you with immediate assistance. Knowing first aid and having supplies will save lives, will make life more comfortable, and will help you cope after the next disaster. In addition to your personal disaster supplies kits, store a household disaster supplies kit in an easily accessible location (in a large watertight container with wheels that can be easily moved), with a **three-day to 10 days** of the items listed on side two of this Focus Sheet.

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www.earthquakecountry.info/roots (Earthquake Country Alliance/Southern California Earthquake Center)

www.espfocus.org (Emergency Survival Program)

www.oes.ca.gov (California Governor's Office of Emergency Services)

www.redcross.org (American Red Cross)

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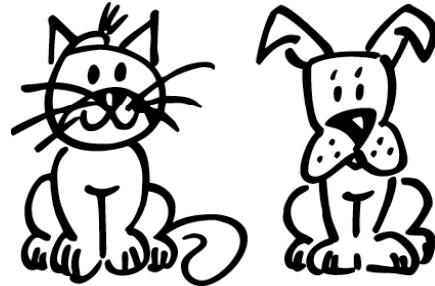
A P R I L

Personal Disaster Supplies Kits

- ☐ Medications, prescriptions list, copy of medical card, doctor's name and contact information
- ☐ Medical consent forms for dependents
- ☐ First aid kit and handbook
- ☐ Examination gloves (non-latex)
- ☐ Dust mask
- ☐ Spare eyeglasses or contact lenses and cleaning solution
- ☐ Bottled water
- ☐ Whistle (to alert rescuers to your location)
- ☐ Sturdy shoes
- ☐ Emergency cash (small bills and coins)
- ☐ Road maps
- ☐ List of emergency out-of-state contact phone numbers
- ☐ Non-perishable food and snack foods, high in water and calories
- ☐ Manual can opener
- ☐ Working flashlight with extra batteries and light bulbs, or lightsticks
- ☐ Personal hygiene supplies
- ☐ Premoistened towelettes
- ☐ Comfort items such as games, crayons, writing materials, teddy bears
- ☐ Toiletries and special provisions you need for yourself and others in your family including elderly, disabled, small children, and animals.
- ☐ Sealable plastic bags
- ☐ Extra clothes
- ☐ Copies of personal identification (driver's license, work identification card, etc.)

- ☐ Copies of vital documents such as insurance policies
- ☐ Fire extinguisher
- ☐ Sealable plastic bags
- ☐ Essential medications

Use and replace perishable items like water, food, medications, first aid items, and batteries on a yearly basis.



Pet Disaster Supplies Kit

- ☐ Medications and medical records (stored in a waterproof container)
- ☐ First aid kit
- ☐ Sturdy leashes, harnesses, and/or carriers to transport pets safely and ensure that your animals can't escape
- ☐ Current photos of your pets in case they get lost
- ☐ Food, potable water, bowls, cat litter/pan, and manual can opener
- ☐ Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to foster or board your pets
- ☐ Pet beds and toys, if easily transportable

Adapted from Putting Down Roots in Earthquake Country, published by the Southern California Earthquake Center and available online at www.earthquakecountry.info/roots and from "Pets and Disasters: Get Prepared", published by the American Red Cross and the Humane Society of the United States.

Household Disaster Supplies Kit

- ☐ Flashlight with extra batteries
- ☐ Wrenches to turn off gas and water supplies
- ☐ Sturdy work gloves and protective goggles
- ☐ Heavy duty plastic bags for waste, and to serve as tarps, rain ponchos, and other uses
- ☐ Portable radio with extra batteries
- ☐ Additional flashlights or lightsticks
- ☐ Drinking water (minimum one gallon per person, per day)
- ☐ Canned and packaged foods
- ☐ Manual can opener
- ☐ First aid kit and handbook
- ☐ Charcoal or gas grill for outdoor cooking and matches if needed
- ☐ Cooking utensils, including a manual can opener
- ☐ Pet food and pet restraints
- ☐ Comfortable, warm clothing including extra socks
- ☐ Blankets or sleeping bags, and perhaps even a tent

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FOCUS

Is Your Place Safe?



Identify Your Building's Potential Weaknesses and Begin to Fix Them

Buildings are built to withstand the downward pull of gravity, yet earthquakes shake a building in all directions – up and down, but most of all, sideways. There are several common issues that can limit a building's ability to withstand this sideways shaking.

Common Building Problems

Most houses are not as safe as they could be. The list on the next page presents some common structural problems

and how to recognize them. Once you determine if your building has one or more of these problems, prioritize how and when to fix them, and get started. (If you are a renter, see the reverse side of this Focus Sheet.) For help, refer to the websites listed below or consult with a professional contractor or engineer.

Myth—Don't Be Fooled!

"We have good building codes so we must have good buildings." The best building codes in the world do nothing for buildings built before that code was enacted. While codes have been updated, the older buildings are still in place. Fixing problems in older buildings—retrofitting is the responsibility of the building's owner.

Check these websites

www.earthquakecountry.info/roots (Earthquake Country Alliance/Southern California Earthquake Center)

www.NFPA.org (National Fire Protection Association)

www.redcross.org (American Red Cross)

www.seaoc.org (Structural Engineers Association of California)

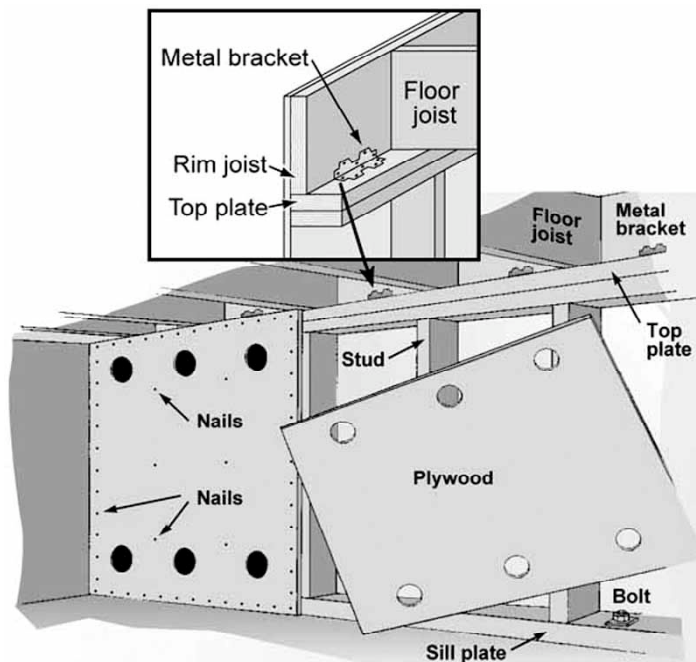
www.seismic.ca.gov (California Seismic Safety Commission)

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BEFORE: ----- DURING: ----- AFTER: -----



MAY



Properly attached plywood sheets strengthen weak cripple wall.

Inadequate foundations. Look under your house at your foundation. If the foundation is damaged or built in the “pier and post” style, consult a contractor or engineer about replacing it with a continuous perimeter foundation. Look for bolts in the mudsills. They should be no more than 1.8 meters (6 feet) apart in a single story and 1.2 meters (4 feet) apart in a multistory building. Adding bolts to unsecured houses is one of the most important steps toward earthquake safety. This can be done by a contractor or by someone moderately adept at home maintenance.

Unbraced cripple walls. Homes with a crawl space should have panels of plywood connecting the studs of the short “cripple” walls (see figure). You or a contractor can strengthen the cripple walls relatively inexpensively.

Soft first stories. Look for larger openings in the lower floor, such as a garage door or a hillside house built on stilts. Consult a professional to determine if your building is adequately braced.

Unreinforced masonry. All masonry (brick buildings) should be reinforced. Some communities have a program for retrofitting buildings made of unreinforced masonry. If your house has masonry as a structural element consult a structural engineer to find what can be done. Inadequately braced chimneys are a more common problem. Consult a professional to determine if your chimney is safe.

Fire Safety. Conduct a interior and exterior fire safety hazard hunt of your home.

- ☐ **Outside Your Home.** Create a safety zone or “fire break” (100 foot clearance) around your home. Flammable plants, woodpiles, and debris should be kept as far away from the exterior walls of the home as possible.

- ☐ **Inside Your Home.** Check your electrical cords to make sure they are in good condition, without cracks or frayed areas. Avoid running extension cords across doorways or under carpets. Working smoke alarms are essential in every household. Test your smoke alarms once a month and replace the batteries once a year.

For Those Who Rent

As a renter, you have less control over the structural integrity of your building, but you do control which building you rent. Remember these points as you look for rental housing.

- ☐ Apartment buildings can have many of the same structural issues as houses.
- ☐ Structures made of unreinforced masonry (such as brick) and with soft first stories (such as parking space openings) have caused great loss of life in earthquakes.
- ☐ Foundation and cripple wall failures have led to expensive damage but less loss of life.
- ☐ Objects attached to the sides of buildings, such as staircases and balconies, have often broken off in earthquakes, injuring those below.

Ask your landlord these questions:

- ☐ What retrofitting has been done on this building?
- ☐ Have the water heaters been strapped to the wall studs?
- ☐ Can I secure furniture to the walls?

If You Live in a Mobile Home

Look under your home. If you only see a metal or wood “skirt” on the outside with concrete blocks or steel tripods or jacks supporting your home, you need to have an “engineered tie-down system” or an “earthquake-resistant bracing system” (ERBS) installed.

An ERBS should have a label on the bracing that says, “Complies with the California Administrative Code, Title 25, Chapter 2, Article 7.5.”

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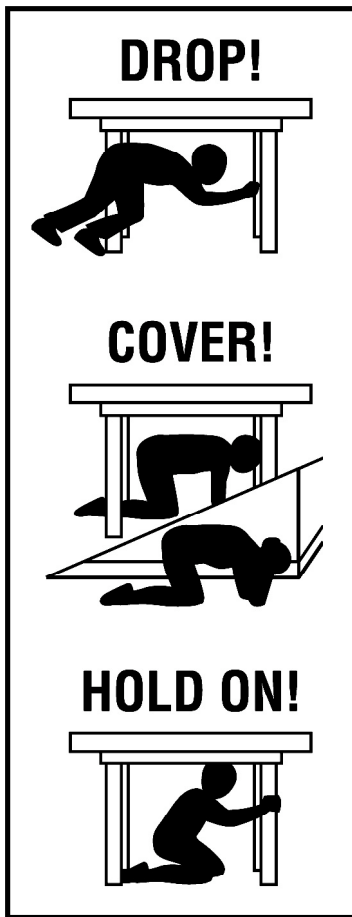


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Drop, Cover, and Hold On!



Protect Yourself During Earthquake Shaking!

Learn what to do during an earthquake, whether you're at home, work or school. Taking the proper actions, such as "Drop, Cover, and Hold On", can save lives and reduce your risk of death and injury. During earthquakes, drop to the floor, take cover under a sturdy desk or table, and hold on to it firmly. Be prepared to move with it until the shaking stops.

The area near the exterior walls of a building is the most dangerous place to be. Windows, facades and architectural details are often the first parts of the building to collapse. To stay away from this danger zone, stay inside if you are inside and outside if you are outside.

Use the information on the reverse side of this Focus Sheet to help you become more prepared. Take part in earthquake safety exercises.

Check these websites

www.earthquakecountry.info/roots (Earthquake Country Alliance/Southern California Earthquake Center)

www.espfocus.org (Emergency Survival Program)

www.redcross.org (American Red Cross)

Follow the seven steps to earthquake safety from Putting Down Roots in Earthquake County - www.earthquakecountry.info/roots.

BEFORE: -----DURING:-----AFTER:-----



J U N E

DO NOT Head for the Doorway



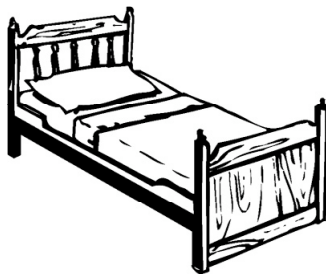
An enduring earthquake image of California is a collapsed adobe home with the door frame as the only standing part. From this came our belief that a doorway is the safest place to be during an earthquake. True—if you live in an old, unreinforced adobe house. In modern houses, doorways are no stronger than any other part of the house. **You are safer taking cover under a sturdy table or desk.**

If you are...

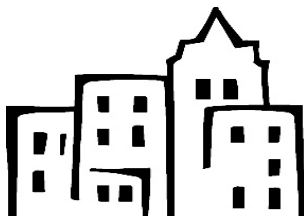
Indoors: Drop, cover, and hold on. During earthquakes, drop to the floor, take cover under a sturdy desk or table, and hold on to it firmly. Be prepared to move with it until the shaking stops. If you are not near a desk or table, drop to the floor against the interior wall and protect your head and neck with your arms. Avoid exterior walls, windows, hanging objects, mirrors, tall furniture, large appliances, and kitchen cabinets with heavy objects or glass. Do not go outside!



In bed: If you are in bed, hold on and stay there, protecting your head with a pillow. You are less likely to be injured staying where you are. Broken glass on the floor has caused injury to those who have rolled to the floor or tried to get to doorways.



In a high-rise: Drop, cover, and hold on. Avoid windows and other hazards. Do not use elevators. Do not be surprised if sprinkler systems or fire alarms activate.



Outdoors: Move to a clear area if you can safely do so; avoid power lines, trees, signs, buildings, vehicles, and other hazards.



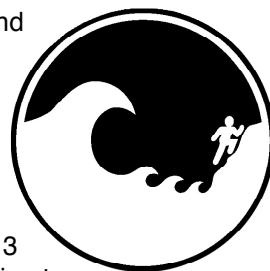
Driving: Pull over to the side of the road, stop, and set the parking brake. Avoid overpasses, bridges, power lines, signs and other hazards. Stay inside the vehicle until the shaking is over. If a power line falls on the car, stay inside until a trained person removes the wire.



In a stadium or theater: Stay at your seat and protect your head and neck with your arms. Don't try to leave until the shaking is over. Then walk out slowly watching for anything that could fall in the aftershocks.



Near the beach: Drop, cover, and hold on until the shaking stops. Estimate how long the shaking lasts. If severe shaking lasts 20 seconds or more, immediately evacuate to high ground as a tsunami might have been generated by the earthquake. Move inland 3 kilometers (2 miles) or to land that is at least 30 meters (100 feet) above sea level immediately. Don't wait for officials to issue a warning. Walk quickly, rather than drive, to avoid traffic, debris and other hazards.



Below a dam: Dams can fail during a major earthquake. Catastrophic failure is unlikely, but if you are downstream from a dam, you should know flood-zone information and have prepared an evacuation plan.

Adapted from Putting Down Roots in Earthquake Country, published by the Southern California Earthquake Center and available online at www.earthquakecountry.info/roots.

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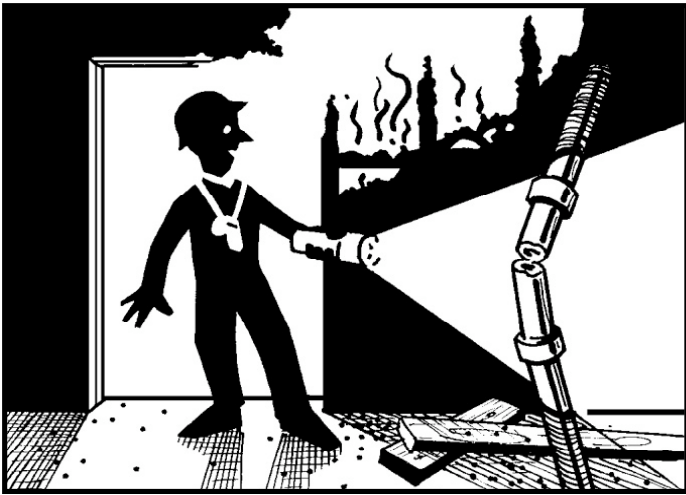


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Check It Out!



After the Earthquake, Check for Injuries and Damage

A common belief is that people always panic and run around madly during and after earthquakes, creating more danger for themselves and others. Actually, research shows that people usually take protective actions and help others both during and after the shaking. Most people don't get too shaken up about being shaken up!

First take care of your own situation. Remember your emergency plans. Aftershocks may cause additional damage or items to fall, so get to a safe location.

If you are trapped by falling items or a collapse, protect your mouth, nose, and eyes from dust. If you are bleeding, put pressure on the wound and elevate the injured part.

If you cannot get out, signal for help with your emergency whistle, a cell phone, or knock loudly on solid pieces of the building, three times every few minutes. Rescue personnel will be listening for such sounds.

If you can move, look for another way out and go to your household meeting place. Take your disaster supplies kit. Protect yourself by wearing sturdy shoes to avoid injury from broken glass and debris. Also wear work gloves, a dust mask, and eye protection. Help others, if possible.

Once you are safe, begin to check for injuries and damage listed on side two of this Focus Sheet.

Check these websites

www.earthquakecountry.info/roots (Earthquake Country Alliance/Southern California Earthquake Center)

www.espfocus.org (Emergency Survival Program)

www.redcross.org (American Red Cross)

www.seismic.ca.gov/sscpub.htm (California Seismic Safety Commission)

Follow the seven steps to earthquake safety from Putting Down Roots in Earthquake County - www.earthquakecountry.info/roots.
BEFORE: ----- DURING: ----- AFTER: -----

#1

Identify and fix hazards in your home.

#2

Create a disaster plan.

#3

Create disaster supplies kits.

#4

Identify and fix your building's weaknesses.

#5

Drop, cover and hold on.

#6

Check for injuries and damage.

#7

When safe, continue to follow your disaster plan.

J U L Y

Check for Injuries:

- ☐ Check your first aid kit or the front pages of your telephone book for detailed instructions on first aid measures.
- ☐ If a person is bleeding, put direct pressure on the wound. Use clean gauze or cloth, if available.
- ☐ If a person is not breathing, administer rescue breathing.
- ☐ If a person's heart has stopped, begin CPR (cardio-pulmonary resuscitation).
- ☐ If a person's clothes catch fire, have them stop, drop, and roll.



- ☐ Do not move seriously injured persons unless they are in immediate danger of further injury.
- ☐ Cover injured persons with blankets or additional clothing to keep them warm.
- ☐ Get medical help for serious injuries.
- ☐ Carefully check children or others needing special assistance.

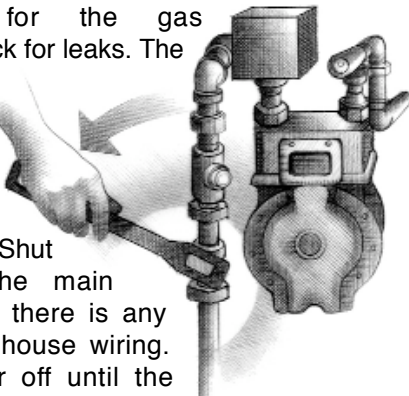
- ☐ **Unplug broken or toppled light fixtures or appliances.** These could start fires when electricity is restored.
- ☐ **Downed Utility Lines.** If you see downed power lines, consider them energized and stay well away from them. Keep others away from them. Never touch downed power lines or any objects in contact with them.
- ☐ **Fallen Items.** Beware of items tumbling off shelves when you open closets and cupboard doors.
- ☐ **Spills.** Use extreme caution. Clean up any spilled medicines, drugs, or other non-toxic substances. Potentially harmful materials such as bleach, lye, garden chemicals, and gasoline or other petroleum products should be isolated or covered with an absorbent such as dirt or cat litter. When in doubt, leave your home.
- ☐ **Damaged Masonry.** Stay away from brick chimneys and brick walls. They may be weakened and could topple during aftershocks. Don't use a fireplace with a damaged chimney. It could start a fire or let poisonous gases into your home.

Be prepared to report damage to city or county government. If your home is seriously damaged and you must leave, take your disaster supplies kits with you. Tell your neighbor and your family point-of-contact where you are going (relative, hotel, American Red Cross shelter, etc.).

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Check for Damage:

- ☐ **Do not re-enter your home until you know it is safe.**
- ☐ **Fire.** If possible, put out small fires in your home or neighborhood immediately. Call for help, but don't wait for the fire department.
- ☐ **Gas Leaks.** Shut off the main gas valve **only** if you suspect a leak because of broken pipes or the odor or sound of leaking natural gas. Don't turn it back on yourself—wait for the gas company to check for leaks. The phone book has detailed information on this topic.
- ☐ **Damaged Electrical Wiring.** Shut off power at the main breaker switch if there is any damage to your house wiring. Leave the power off until the damage is repaired.



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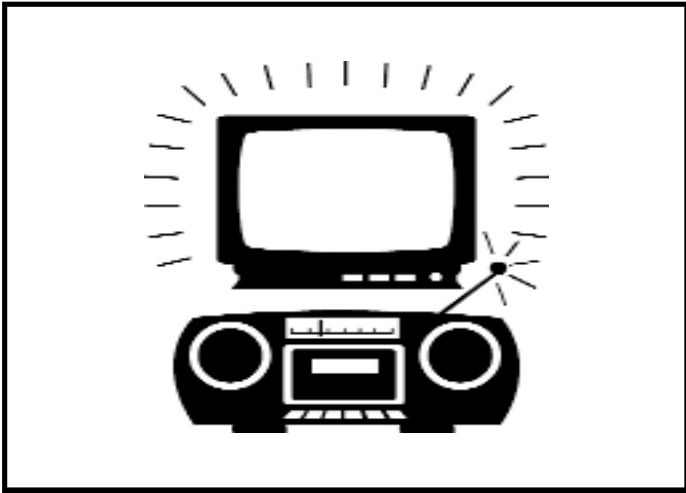


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Communicate and Recover!



When Safe, Continue to Follow Your Disaster Plan

Once you have met your and your family's immediate needs after a disaster, continue to follow the plan you prepared in advance. In earthquakes, aftershocks will continue to happen for several days or weeks. Some may be large enough to cause additional damage. Always be ready to drop, cover, and hold on.

Your recovery period can take several weeks to months or longer. Follow the steps on the back of this sheet to be safe and to minimize the long-term effects of the earthquake on your life.

Once you have recovered from the disaster, go back and do the things you did not do before, or do them more thoroughly. Learn from what happened during the disaster so you will be safe the next time.

Check these websites

- www.cert-la.com (Community Emergency Response Team)
- www.oes.ca.gov (California Governor's Office of Emergency Services)
- www.earthquakecountry.info/roots (Earthquake Country Alliance/Southern California Earthquake Center)
- www.fema.gov/about/process (Federal Emergency Management Agency)
- www.redcross.org (American Red Cross)

Follow the seven steps to earthquake safety from Putting Down Roots in Earthquake County - www.earthquakecountry.info/roots.
BEFORE: -----DURING:-----AFTER:-----

- | | | | | | | |
|---|--------------------------------------|---|---|---------------------------------------|---|--|
| #1
Identify and fix hazards in your home. | #2
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Identify and fix your building's weaknesses. | #5
Drop, cover and hold on. | #6
Check for injuries and damage. | #7
When safe, continue to follow your disaster plan. |
|---|--------------------------------------|---|---|---------------------------------------|---|--|

AUGUST

The First Days After the Disaster...

Use the information you put together in your disaster plan and the supplies you organized in your disaster supplies kits. Until you are sure there are no gas leaks, do not use open flames (lighters, matches, candles, or grills) or operate any electrical or mechanical device that can create a spark (light switches, generators, motor vehicles, etc.). Never use the following indoors: camp stoves, gas lanterns or heaters, gas or charcoal grills, or gas generators. These can release deadly carbon monoxide or be a fire hazard in aftershocks.

Be in Communication

- ☐ Turn on your portable or car radio for information and safety advisories.
- ☐ Place all phones back on their cradles.
- ☐ Call your out-of-state contact, tell them your status, then stay off the phone. Emergency responders need to use the phone lines for life-saving communications.
- ☐ Check on your neighbors.

Food and Water

- ☐ If power is off, plan meals to use up refrigerated and frozen foods first. If you keep the door closed, food in your freezer may be good for a couple of days.
- ☐ If your water is off, you can drink from water heaters, melted ice cubes, or canned vegetables. Avoid drinking water from swimming pools or spas.
- ☐ Listen to your radio for safety advisories.
- ☐ Do not eat or drink anything from open containers near shattered glass.

The First Weeks After the Disaster...

This is a time of transition. Although in earthquakes aftershocks may continue, you will now work toward getting your life, your home and family, and your routines back in order. Emotional care and recovery are just as important as healing physical injuries and rebuilding a home. Make sure your home is safe to occupy and not in danger of collapse in aftershocks. If you were able to remain in your home or return to it after a few days, you will have a variety of tasks to accomplish:

- ☐ If your gas was turned off, you will need to arrange for the gas company to turn it back on.
- ☐ If the electricity went off and then came back on, check your appliances or electronic equipment for damage.
- ☐ If water lines broke, look for water damage.
- ☐ Locate or replace critical documents that may have been misplaced, damaged, or destroyed.
- ☐ Contact your insurance agent or company right away to begin your claims process.
- ☐ Contact the Federal Emergency Management Agency (FEMA) to find out about financial assistance (www.fema.gov/about/process/)

If You Cannot Stay in Your Home...

If your home is structurally unsafe or threatened by a fire or other hazard, you need to evacuate. However, shelters may be overcrowded and initially lack basic services, so do not leave home just because utilities are out of service or your home and its contents have suffered moderate damage.

If you evacuate, tell a neighbor and your family point-of-contact where you are going. As soon as possible, set up an alternative mailing address with the Post Office. Take the following, if possible, when you evacuate:

- ☐ Personal disaster supplies kits
- ☐ Supply of water, food, and snacks
- ☐ Blanket, pillow, and air mattress or sleeping pad
- ☐ Change of clothing and a jacket
- ☐ Towel and washcloth
- ☐ Diapers, formula, food, and other supplies for infants
- ☐ A few family pictures or other small comfort items
- ☐ Personal identification and copies of household and health insurance information.

Do not bring to a shelter:

- ☐ Pets (service animals for people with disabilities are allowed—bring food for them); have a plan for your pets in advance
- ☐ Large quantities of unnecessary clothing or other personal items
- ☐ Valuables that might be lost, stolen, or take up needed space

Once a presidential declaration has been issued, FEMA may activate the “Assistance for Individuals and Households Program.” This program includes:

- ☐ Home-repair cash grants; the maximum Federal grant available was \$26,200 in 2005
- ☐ Housing Assistance in the form of reimbursement for short-term lodging expenses at a hotel
- ☐ Rental assistance for as long as 18 months in the form of cash payment
- ☐ If no other housing is available, FEMA may provide mobile homes or other temporary housing

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FOCUS

Back to School



A Safe Place to Learn

There is a lot that can be done by school officials to plan for disasters, to limit the risk, to protect the safety of students and teachers, and to ensure that schools recover quickly. However, the clock is ticking. The time to prepare is right now.

Many states now require specific disaster preparedness activities in their school systems. In California, for example, schools are required to have a disaster plan, to hold periodic "Drop, Cover, and Hold On" drills and to hold educational and training programs for students and staff. Whether mandated or not, all schools should have an emergency response plan that addresses the following:

- ☐ Identification of hazards and steps to reduce the risk
- ☐ Evacuation plans and routes
- ☐ Needs of students and staff with disabilities
- ☐ Onsite shelter plans

- ☐ Emergency supplies and equipment
- ☐ Plans for releasing students and school personnel
- ☐ Communication

Parents should know the policies and procedures of their children's school during times of disaster or crisis. Parents should also make sure the school has their updated emergency contact information. Keep your children's school emergency release card current.

While planning for a future disaster may seem overwhelming, it is not impossible, and the benefits far outweigh the time and trouble it takes to prepare a school plan.

It is also important for schools to plan in advance to deal with the problem of psychological trauma after a disaster. Signs to look for include withdrawn and/or more aggressive students, those acting overly responsible or parental, children who are edgy, jumpy, quick to anger, out of control or with a non-caring attitude. Encourage teachers to discuss these and other changes in behavior with parents.

The reverse side of this Focus Sheet offers additional information for preparing your school and students for the next disaster. You can help take the terror out of terrorism, earthquakes and other disasters by preparing in advance.

Check these websites

www.espfocus.org (Emergency Survival Program)

www.redcross.org/disaster/masters (American Red Cross)

www.cert-la.com (Community Emergency Response Team)

www.fema.gov/kids

www.salf.org

S E P T E M B E R

What You Can Do Now

Parents have an important role in assuring the safety of their children whether at school or at home. The suggestions below are guidelines for you to follow.

- ☐ Prepare a school emergency supplies kit for each of your children. Let them help you put the kit together. What they have on hand when a disaster occurs could make a big difference in their safety and survival. A list of some of the recommended items that could be included in each child's emergency supplies kit is as follows:

- Emergency drinking water (3-day to one-week supply)
- Non-perishable food (3-day to one-week supply)
- First aid kit and book
- Essential medications
- Lightstick or a flashlight with extra batteries
- Identification card
- Family photos
- Towelettes
- Blanket
- Medical release card
- Emergency telephone numbers
- Change of clothing
- Favorite toy

- ☐ Teach your children what to do in an emergency and make sure they know their own names, addresses, and telephone numbers as well as the full names and contact information for parents and a second adult emergency contact.




A Special Note About Children

If earthquakes scare us because we feel out of control, think how much more true this must be for children, who already must depend on adults for so much of their lives. It is important to spend time with children in your care before the next earthquake to explain why earthquakes occur. Involve them in developing your disaster plan, prepare earthquake bags, and practice "Drop, Cover, and Hold On." Consider simulating post-earthquake conditions by going without electricity or tap water for a few hours.


After the earthquake, remember that children will be under great stress. They may be frightened, their routine will probably be disrupted, and the aftershocks won't let them forget the experience. Adults tend to leave their children in order to deal with the many demands of the emergency, but this can be devastating to children. Extra contact and support from parents in the early days will pay off later. Whenever possible, include them in the recovery process.

Coloring Page

Earthquakes do happen all over the World!






Earthquakes Do Happen!



Earthquake Activity

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FOCUS

Then and Now



In October of 2003, Southern California experienced the most devastating wildland fire disaster in California's history. The facts speak for themselves – 739,597 acres burned, 3,731 homes lost and 24 people killed, including one firefighter. At the peak of the fire siege 15,631 firefighters battled to save lives and property from more than a dozen major fires. People who were in the path of the fire were responsible for their own safe evacuation. Southern California is prime for another major fire disaster due to a persistent drought, urban sprawl of communities encroaching into areas of wildland, and millions of acres of vegetation that have not burned in many years. Preparedness is the key to surviving wildland fires.

Severe weather conditions can cause wildland fires, heat waves, and winter storms. Winter storms have caused many disasters, many as recently as the spring of 2005. Winter storms accounted for five national major disasters and eight emergency declarations in 2001, as well as five major disasters and one emergency declaration in 2002. Timely preparation, including structural and non-structural

mitigation measures to avoid the impacts of severe winter weather, can avert heavy personal, business and government expenditures.

Snow and ice on roadways can create hazardous driving conditions. In mountain areas, snow and ice can hamper driving and might cause you to be on your own for several hours or days.

Even if you don't live in severe or winter storm areas, there may be occasions when you travel to or visit these locations. Being aware of the hazards can help you to effectively deal with the challenges of severe winter weather.

The reverse side of this Focus Sheet contains simple steps that may save your life, those of your family, and protect your home from the devastating effects of wildland fires and severe winter weather.

Check these websites

www.fema.gov (Federal Emergency Management Agency)

www.oes.ca.gov (California Governor's Office of Emergency Services)

www.noaa.com (National Oceanic and Atmospheric Administration)

www.firesafecouncil.org (The Fire Safe Council)

www.fire.ca.gov (California Department of Forestry and Fire Protection)

O C T O B E R

Your Home

- ☐ Follow building, fire and hazard abatement codes.
- ☐ Install non-flammable screens with mesh 1/2 inch or less on chimneys and enclose all roof eaves with fire resistant material such as aluminum or steel and place metal mesh over all attic or roof vents.
- ☐ Keep roofs and rain gutters free of needles, leaves, or other debris.
- ☐ Enclose the underside of balconies and decks with fire resistant material, such as aluminum decking.
- ☐ Inspect chimneys and screens twice annually.
- ☐ Install a smoke alarm on each level of your home, especially in bedrooms, and test them monthly.

Your Yard

- ☐ Clear the brush away from your home (a minimum of 100 feet).
- ☐ Trim all trees and tree branches away from electrical lines and chimneys. (Use a professional to trim near utilities and power lines)
- ☐ Remove weak, dead, and leaning trees and bark beetle infested trees.
- ☐ Stack firewood at least 30 feet away from your home or other structures.
- ☐ Store all combustible or flammable liquids in approved storage containers.
- ☐ Locate all propane tanks at least 30 feet from any structure.
- ☐ Use fire-retardant plants and bushes to replace highly combustible vegetation.

When Wildland Fires Approach

- ☐ Listen to the radio or watch television for instructions.
- ☐ Evacuate as soon as directed by public safety officials or when danger is perceived.
- ☐ Park your vehicles facing the direction of escape with windows rolled up.
- ☐ Place your disaster supplies kit and evacuation kit along with valuables and other essentials in your vehicle.
- ☐ Secure pets and livestock and prepare them for evacuation.
- ☐ Leave your electricity on and leave inside lights on.
- ☐ If time permits, cover up by wearing long pants, a long sleeved shirt, goggles, cap, and bandanna. 100% cotton is preferable.
- ☐ Close doors behind you when evacuating to slow down the flames, smoke, and heat.
- ☐ Help young children, seniors, and persons with disabilities to evacuate safely.

Plan for Evacuation

- ☐ Develop and practice a home evacuation plan. Your plan should include:
 - ☐ A floor plan with all escape routes
 - ☐ Easily accessible exits for young children, seniors and persons with disabilities. (Locate their rooms as close to exits as possible)
 - ☐ A list of valuables to take in an emergency. (Store them together in one location, if possible.)
 - Identify the most important papers to take if you have to leave, such as insurance policies, medical records, and driver's license
 - Include medications and eyeglasses
 - ☐ A place to reunite after evacuation
 - ☐ The location of animal shelters or other sites that house pets
 - ☐ Practice drills
- ☐ Work with neighbors to assist:
 - ☐ People with special needs
 - ☐ People who need transportation to other sites
- ☐ Work with local emergency officials to identify:
 - ☐ Several routes out of your neighborhood
 - ☐ Likely evacuation sites or safe refuge areas

Winter Storm Preparedness

- ☐ Be familiar with winter storm warning messages, such as a flood watch or warning.
- ☐ Make sure you have sufficient heating fuel in case regular fuel sources are cut off.
- ☐ Have safe emergency heating equipment available.
- ☐ Install and check smoke alarms.
- ☐ Have disaster supplies on hand, in case you have to shelter in place or in case the power goes out.
- ☐ Develop an emergency communication plan.
- ☐ Keep cars and other vehicles fueled and in good repair.
- ☐ If you are in low-lying areas, keep sandbags, plywood, and plastic sheeting on hand.

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FOCUS

Test Your Plan



Practice Makes Perfect

How will your family react when a flood, fire, earthquake, act of terrorism, or another emergency occurs? How well does your plan identify everyone's roles and responsibilities?

One way to find out how well your plans and procedures are going to work is to practice them! Plan a drill based on a possible flood, fire, earthquake, or other disaster. Testing your plans this way will help you identify and correct any weaknesses before a real emergency occurs.

Another way to test your plan is to practice living without the normal everyday conveniences — such as electricity and gas. This might include a campout.

This Focus Sheet provides guidance for planning your own drills. Testing your family's response and correcting weaknesses is the next step in preparing and might save lives in the next flood, fire, earthquake, or other emergency.

Check these websites

www.espfocus.org (Emergency Survival Program)

www.oes.ca.gov (California Governor's Office of Emergency Services)

www.redcross.org (American Red Cross)

www.ready.gov (U.S. Department of Homeland Security)

N O V E M B E R

Planning Drills

A drill allows your family to practice your plan.

The drill should be designed to provide participants with experience in their roles before a real emergency, increase the confidence of family members, and identify weaknesses in your plan.

Tabletop Drill

Start by planning a tabletop drill. The tabletop will be based on a simulated earthquake or another disaster and will include problems that you and your family are likely to face.

To conduct the tabletop:

- ☐ Assemble participants around a table or in the same room.
- ☐ Distribute printed copies of the scenario.*
- ☐ Read the scenario aloud.
- ☐ Read each problem, one at a time.
- ☐ Encourage everyone to respond as completely as possible to each question.

As solutions and alternatives are discussed and evaluated, remind participants that comments are designed to identify problems and are not meant to criticize an individual person.

Functional Drill

The next step is planning your functional drill. Functional drills provide an opportunity for the members to practice their assignments, including make-believe searches, treatment of victims and the actual completion of applicable checklists.

** A written description of a simulated earthquake or another disaster that is used for tabletop drills is called a scenario.*

To Conduct an Effective Drill:

- ☐ Add new and more challenging problems to the scenario used in the tabletop.
- ☐ Set up separate drills for each function. For example:

Date	Function
Jan. 19	First Aid and Medical
Apr. 24	Damage Assessment
July 27	Light Search and Rescue
Oct. 5	Shelter

- ☐ Explain the purpose and ground rules of the drill.
- ☐ Read the scenario aloud.
- ☐ Distribute packets containing new or additional information to be opened at designated times.
- ☐ Instruct participants to follow procedures outlined in their packets.
- ☐ Instruct participants to dress in appropriate gear, refer to applicable checklists and carry out their post-emergency functions.
- ☐ Begin the drill.
- ☐ Complete the drill when tasks are complete or after an hour.
- ☐ Designate experienced people to observe and evaluate your drill for strengths and weaknesses.

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EMERGENCY SURVIVAL PROGRAM
www.espfocus.org

This focus sheet is produced as part of the Emergency Survival Program (ESP). ESP is an awareness campaign designed to increase home, neighborhood, business and school emergency preparedness. ESP was developed by the County of Los Angeles. The California Governor's Office of Emergency Services (OES) and representatives from

Contra Costa, Imperial, Inyo, Kern, Los Angeles, Marin, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, Santa Cruz, and Ventura counties; Southern California Edison; the Southern California Earthquake Center and the American Red Cross assist in the development of campaign materials and coordination of the campaign.

Lend a Hand



Learn About Community Resources and How to Participate

The ability of your neighborhood, workplace, or school to respond effectively after an act of terrorism, a large earthquake, or another disaster might depend on how well you use resources available in your community **now**.

Local fire, law enforcement, medical services, and other personnel might be overwhelmed and unable to assist you after a disaster. But they can help you prepare to be self-sufficient if you use their services before the next emergency.

The Community Emergency Response Team (CERT) program can also be a useful resource. It is a nationwide all-risk, all-hazard training program. This valuable course is designed to help you protect yourself, your family, your neighbors, and your neighborhood in an emergency situation, such as a terrorist attack. CERT is a positive and realistic approach to emergency and disaster situations where citizens may initially be on their own and their actions can make a difference. One goal of the CERT

program is to help people respond effectively and efficiently to others in need without placing themselves in unnecessary danger. You can be a CERT volunteer. Information is available at www.cert-la.com or call your local Office of Emergency Services.

There are other ways you can become a volunteer in your community. Check with your local Red Cross or Salvation Army chapter, or with your religious center. Start a Neighborhood Watch program. Check with your local Office of Emergency Services or local police.

Another helpful resource to find out what's available is 2-1-1 LA County an integrated system of help via the telephone. 2-1-1 LA County is a single source for information about community services, referrals to human services, and crisis intervention. It is toll-free and operates 24 hours a day. Multilingual caseworkers and TDD access is available. In Southern California the number is 2-1-1 for area information services. The number may be different in other states.

Learning about these and what other resources are available in your community and using them now is an important step in preparing for future disasters.

On the other side of this Focus Sheet you will find useful information on additional resources that may be available. Don't let events catch you by surprise. The preparations you make today will increase your peace of mind in any emergency, even a terrorist attack.

Check these websites

www.espfocus.org (Emergency Survival Program)

www.redcross.org (American Red Cross)

www.cert-la.com (Community Emergency Response Team)

www.2-1-1 LA County (Los Angeles County)

D E C E M B E R

What You Can Do Now

Find Out What's Available

Local government is usually the first to respond to emergencies. Additional assistance from neighboring cities and the impacted county might be available if your city uses all of its resources. As resources from the surrounding cities and the county are used up, personnel and equipment from communities outside the impacted area might be brought in to assist.

A disaster in a heavily urbanized area might temporarily overwhelm the emergency response system, leaving you, your neighbors or co-workers on your own for several days. Be prepared to:

- ☐ Provide food and water to those who don't have or cannot get to their own emergency supplies.
- ☐ Provide basic first aid to family members, neighbors, co-workers or classmates who are injured.
- ☐ Conduct light search and rescue operations to account for everyone and remove those who are trapped.
- ☐ Assess obvious external damage to homes and other buildings and report information to local officials.
- ☐ Listen to the radio for safety information from government officials and details about available resources.

Neighborhood Resources

Prior to the next emergency it's important to determine what skills you might be able to draw from your own neighborhood. Among your neighbors, there might be:

- ☐ Emergency planners
- ☐ Firefighters
- ☐ Health care professionals
- ☐ Police officers, deputy sheriffs or other law enforcement officers
- ☐ Community Emergency Response Team (CERT) members
- ☐ Citizen Corps Councils members
- ☐ Others with helpful skills

These individuals or groups can be useful resources for information, planning, training and other aspects of your preparedness and response efforts.

Government Resources

Local, state, federal, and volunteer agencies such as the American Red Cross are other sources for information about individual, family, community, business, and school preparedness. Before the next emergency, get information that will help you better prepare.

Ask these agencies to provide speakers and training on emergency preparedness and response for your business, or place of worship. Involve experts from these organizations in any planning, training and exercises in which your neighborhood, workplace or school is involved. Their observations and input will help improve your response to an actual emergency.

The American Red Cross recommends that you:

- ☐ Get trained. The Red Cross provides first aid/CPR and other preparedness training.
- ☐ Volunteer. Few Americans are untouched by Red Cross services. There are many needs and ways to serve.
- ☐ Give blood. Blood is needed in times of emergency, but the ongoing need is also great.

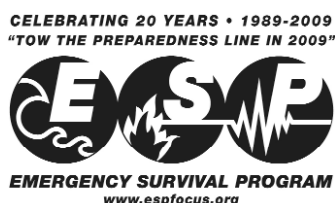
Give a Gift of Life

A great way to lend a hand to your family and friends preparedness is to give a survival gift for the next holiday, birthday or other occasion. Items such as flashlights, portable radios, first aid kits, etc. are great gift ideas. They might also be "Gifts of Life" after the next disaster.

A checklist of agencies that might be able to assist you with resources before and/or after a major disaster includes the following:

- ☐ American Red Cross
- ☐ Salvation Army
- ☐ City/County Office of Emergency Services
- ☐ Community Emergency Response Teams

Sources for this document include the OES publication "Organizing Neighborhoods for Earthquake Preparedness" and the American Red Cross publication "Together We Prepare—5 Actions for Emergency Preparedness."



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